



# Gold #1

**Write a policy that requires all Pre K-6 physical education and physical activity courses to be overseen by certified Physical Education (PE) teachers or PE specialists employed by the school or district.**



**Definition:** To meet this criterion your PE teacher or specialist must be certified. The GMS definition of a certified PE teacher or PE specialist is a person who attends a GMS approved training each year.

If classroom teachers teach PE at your school one representative from the school must attend the PE training then share the information they received at the PE training with the rest of the faculty.

The PE training for the 2008-2009 school years will be held on Thursday, January 15, 2009 at the West Valley Family Fitness Center. If a representative from your school does not attend this training they must attend another training approved by Gold Medal Schools. Contact your Local Health Department for approval.

**Rationale:** Studies have found that well-prepared physical education specialists teach higher quality lessons. Effective teaching of physical education requires a body of knowledge and instructional skills different from the skills necessary to teach other subjects.<sup>1</sup>

Professional development activities will provide basic knowledge of the physical development of children. This knowledge combined with skill practice and other appropriate instructional techniques are designed to promote lifelong habits of physical activity. It is essential for all teachers assigned to teach physical education to be ready and able to apply this body of knowledge to successfully emphasize lifelong physical activity.

1. Center for Disease Control and Prevention, *Guidelines for school and community programs to promote lifelong physical activity among young people*, MMWR Vol.46 No RR-6

## **Resources**

GMS PE Training

Thursday, January 15, 2009  
West Valley Family Fitness Center

Fit, Healthy, and Ready to Learn

Tab C: General Policies Pg 41  
Tab D: Physical Activity Pg 20

AAHPERD Online Store (Training Material for Physical Educators

<http://iweb.aahperd.org/bookstore/>

National Association for Sports and Physical Education

<http://www.aahperd.org/naspe/template.cfm>

# Assignments

---

## **School Coordinator Assignments**

- Determine the current school policy
- Determine how school will incorporate policy
- Ensure that one representative from the school is at the PE Training each year
- Review policy
- Promote awareness of the policy among school leaders and teachers
- Determine best channels to reach teachers, parents, and school policymakers
- Introduce policy in faculty meeting
- Assist in pursuing funding resources
- Determine methods to ensure compliance with the policy
- Assess teacher awareness of the policy

## **Mentor Assignments**

- Remind School Coordinator that someone from the school must attend a PE training
- Provide examples of written policy to school coordinator
- Write policy
- Give draft to school coordinator and principal
- Submit a draft of the policy to your LHD
- Revise policy if necessary and submit to principal for endorsement
- Submit final policy with the end-year report



# Gold #1 Ideas

---

- Do an activity learned at the PE training with faculty at each faculty meeting so they can see how the activities are done
- Share the PE training information with all faculty, and staff in a faculty meeting or through handouts
- Use your GMS awards money to purchase PE equipment you learned about at the PE Training
- Look in the PE Resources folder for additional PE ideas

# PE Teacher/Specialist Policy Template

A policy defines an action a school will be taking to improve their health environment. Policies make lasting changes, and stay with the school through faculty and administrative changes.

A Gold Medal Schools policy must include an Intent, Rationale, and Reinforcement. The school's copy of the policy must also include the principal's signature. Use this template to write your policy (all information is required).

A sample policy for this criterion can be found on the next page.

## **The policy must include...**

- ❑ Intent
  - "PE classes will be taught by certified PE teachers or specialists."
  - "A certified PE teacher or specialist is defined as a person who attends one GMS/USOE approved training each year."
  - "If PE classes are taught by classroom teachers one school representative must attend a GMS/USOE approved PE training and share the information with all classroom teachers."
- ❑ Rationale
  - Support for this policy
- ❑ Reinforcement
  - How this policy will be communicated to appropriate people
  - "This policy will be reviewed each year."



# PE Teacher/Specialist Policy

**Intent:** PE classes will be taught by certified PE teachers or specialists. A certified PE teacher or specialist is defined as a person who attends one GMS/USOE approved training each year.

If PE classes are taught by classroom teachers one school representative must attend a GMS/USOE approved PE training and share the information with all classroom teachers.

All physical education teachers will be adequately prepared for class using the PE core curriculum provided by the state. PE teachers should inform classroom teachers of any areas of the curriculum that they will not cover. Teachers must cover this curriculum in their classroom.

**Rationale:** Studies have found that well-prepared physical education specialists teach higher quality lessons. Effective teaching of physical education requires a body of knowledge and instructional skills different from the skills necessary to teach other subjects.<sup>1</sup>

Professional development activities will provide basic knowledge of the physical development of children. This knowledge combined with skill practice and other appropriate instructional techniques are designed to promote lifelong habits of physical activity. It is essential for all teachers assigned to teach physical education to be ready and able to apply this body of knowledge to successfully emphasize lifelong physical activity.

**Reinforcement:** This policy will be discussed with all individuals teaching PE, and will be reviewed each year by the principal, and PE specialist. The school coordinator will ensure that someone from the school will attend a PE training each year.

## PRINCIPAL ENDORSEMENT

\_\_\_\_\_  
Principal's Name

\_\_\_\_\_  
Principal's Signature

\_\_\_\_\_  
Date

1. Center for Disease Control and Prevention, *Guidelines for school and community programs to promote lifelong physical activity among young people*, MMWR Vol.46 No RR-6